



**Welding
editor**
On March 15,
MGR Manager is
being shut down
Page 3

SPOKE

A LEARNER NEWSPAPER FOR JOURNALISM STUDENTS



**Need
Info**
Tillie per cent
of attendees
are women
Pages 6 and 7

WEDNESDAY, JANUARY 21, 2014

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Leave the pack, get some cash

BY KILLA BROWNSHAW

Anyone who has tried to quit smoking at has tried to help someone quit, knows how hard it can be and the rewards aren't always what you hoped for.

To help Conestoga College's Health Services department, as non-smoking students to take part in a contest where they can win up to \$1,000. All they have to do is quit for good.

The World U Father contest runs from Jan. 11 until March 11, and according to Lieve The Rock Behind LTPS campus program on Wednesday (Jan. 21), it is not unusual to get students thinking about it they would rather smoke at have an opportunity to win cash prizes.

According to the LTPS campus program on Wednesday, the prize is a cash prize of \$1,000, which is a percentage of the total amount of money donated to the program. Because for doing so multiple stress, smoking, and other problems.

Also according to the prize, eight per cent of smokers using LTPS services quit, whereas only three per cent of smokers will quit after

one month. Studies show that smoking is damaging to your health and is a cause of cancer.

"That should be enough to want to quit forever, without a strong will it could be tough."

That's where the contest comes in.

According to Briston, the LTPS has created representatives at "almost all post-secondary campuses across Ontario," and is headed by the Ministry of Long-Term Care and operates out of Brock University.

Any student at any post-secondary school can register for the contest and will have a "buddy" to keep track of their smoking habits and share support.

There are four categories that students can enter: Quit For Good, Keep the Count, Fully Without the Smoke, and Share Your Quit With.

Winners will be chosen randomly but the Quit For Good winner will have to pass a urine test to win the \$1,000 grand prize.

"This contest is trying to encourage students to quit smoking and/or stop smoking and enter someone of the current LTPS office site."

dent," Briston said.

Although LTPS tries to help students quit, the program is not one-to-one.

"We use term to provide students with the resources and support they need in order to make their quitting attempts successful, not just provide about the dangers and consequences of smoking," said Briston.

The Health Services department at Conestoga will provide Nicotine Replacement Therapy (NRT), such as the patch or nicotine gum to those seeking help.

"If students are not ready to quit right now, we think it is still important for them to know that they can come to us for support, resources, and to get their NRTs if in the future they decide it is time for them to quit," Briston said.

For more information on the contest, and to register by the Feb. 20 deadline, visit www.quitforgood.com, and for more information about NRT visit www.1-800-QUIT-NOW, located near the Lower Atrium at Dean campus.

Students can also find the LTPS Facebook page for information on upcoming contests and events.



Photo by Killa Brownsaw

Walk away from your smoking habits with help from the World U Father Contest which runs from Jan. 11 to March 11. Students must register by Jan. 27 and can win up to \$1,000.

Instructor seeks donations of Apple products

BY STEPHANIE LAFRANCE

With Christmas almost a month behind us, it seems nearly everyone is walking around with new gadgets and games. The question is what happened to the old ones?

Many places offer programs where people can donate old electronics and some people choose to sell them used online. But for the most part they end up in landfills or are being collected by Jeff Stephane is hoping to do one of the latter.

Being the lead instructor of the renewable energy and sustainable programs at Conestoga College's Dean campus, Stephane wants to receive five to 10 Apple products to help his students in their program. He is asking for any kind of Apple product, iPad, or even older than a certain year can be used to install an application, or "app," and an eBook.

Stephane is a Google



Photo by Stephanie Lafrance

Jeff Stephane, lead instructor of the renewable energy technology program, is shown in a classroom in the ATIS Building at Conestoga College's Dean campus on Jan. 15. He is asking for old Apple products for his students to use in the classroom.

Android user and only has limited knowledge of the Apple operating systems and

the Apple themselves, but he still wants only the latest to be used in his classroom.

"There is an app from one of the solar installation companies that says that it is for the iPhone but it's not for Android," he said. "And I've also found that there are some textbooks that are in the format that I like that are available at very, very low cost or eBook format for the iPhone."

Currently, the approximately 30 students in the class are paying about \$300 to get their textbooks from the bookstore. If Stephane could get his hands on one of these for every four students, it could help them save and experimentally.

"The eBook could be more functional; it would be in the palm of their hand. It can be something they can carry out to the classroom like I've said up," said Stephane.

Not to mention, it would keep his students fairly con-

cent as far as technology is concerned. They would be able to go to the bookstore and get more hands-on experience without paying thousands of dollars worth of equipment with them in each one.

So, last semester Stephane reached out to his fellow staff members via email for help in his quest for donations. Though he said many people were in touch with the idea, they had no Apple products to offer.

"The only responses I had were people who had used remanufactured and non-Apple products," he said. "It doesn't get me any closer to the goal I was looking for."

He also stated that there were Blackberry and Samsung smartphones offered but they aren't capable of running the applications he wants to use in his class.

Though the original email was only sent to staff members, Stephane was thinking

of branching out to advertise the need for the remanufactured and non-Apple devices. But he said it's hard to ask students who are usually strapped for cash to give anything away for free.

In the meantime, Stephane wants to get five to ten books on at least one device in order to learn more about the functions and capabilities of the operating systems.

"I don't want to spend too much time and effort on something I still haven't put my hands on and that's the worst way to put it all together."

If Stephane gets a device, he will have to figure out how much a will get him to install the app he wants on about 30 devices at a time at once to his students.

However, the project is still in the early stages and isn't holding any hope.

"I've read a lot of stories the opposite against the mail and not what makes sort of thing."

Now deep thoughts ... with Conestoga College

Random questions answered by random students
if you could have any biological
mutation what would it be?



"A lizard's tongue."

Bob Hossney,
second year
journalism student

"Shape shift."

Clara Bunka,
third year
journalism student



"Dial back."

Sarah Lewis,
second year
journalism student



"To grow my hair out well."

Allie Ringman,
second year
journalism student



"Wings."

Emily Zurek,
first year
pre-service firefighter



"Bats."

Ben Mielke,
first year
pre-service firefighter



PHOTO BY BOB HOSSENEY

Conestoga security guard Natalie Mohand points out a potential "trap" during a mock scenario at the Conestoga office on Jan. 15.

Conestoga has new eyes in the sky

BY BOB HOSSENEY

In an effort to make Conestoga College a safe place for students, faculty and staff, Security Services has upgraded the system from analog to digital and added 87 new digital cameras giving guards 187 cameras to cover all areas of their campus. As well, Coast Video Software is now being used, which can spot potential intrusions on campus and follow them from a view through to a flag and out to the parking lot if needed.

During a Jan. 15 tour, which showcased some of the new security features on campus staff demonstrated how the new software is able to spot people in a crowd and zoom in on them, allowing security guards to move into a position to monitor them.

The guards are not handheld, so they do not obscure the lens, but will keep a safe distance and observe if the person seems approachable then request will be made, but if there is any suspicion of a weapon then they will start police through a direct line to the Cambridge detach ment and will keep people from leaving way until officers arrive. Guards will then let you see with the police once they are onsite, helping them with any questions or observations and providing them with video of the incident.

As the recent school shooting in Newtown, Conn has shown people, even our schools can be vulnerable at times, which makes the job of Don Willis, Conestoga's director of Safety and Security Services, even

more crucial.

"Cameras are an essential tool in locating a person. We will never be able to stop someone who comes onto the campus who wants to harm someone, but what we can do is minimize the damage."

Another person that the college has addressed with the new digital cameras, is the ability to have a camera monitor the wooded area, which they were not able to do using analog cameras because of the high cost of running wire underground. The new digital cameras are able to monitor the entire perimeter making it safe for people walking to and from their vehicles at night.

**## Cameras are
an essential tool
in locating a person ??
— Don Willis**

"So, if I'm a faculty member for example, making late in night and I'm on my way to my car and for whatever reason I don't feel safe I can come then welcome to call the front desk and if Willis is in contact that person occurs to the parking lot, residence and nearby homes to call and will able we have the capability to keep anyone on any using the cameras tell you catch your vehicle" and Willis. "It just makes you feel better."

Along with the upgrade to the security system, Coast Communications Inc. which provided the college with all the video equipment, also donated some resources for

the protected scenarios and investigations program so that the students could have some hands on training with the equipment. This allowed the college to add a mock training course in the F wing.

The students run mock patrols from the training centre which gives them the opportunity to get some experience on the field that is typical of a security position in the end world working in Trenton Way, who is a second-year student at the journalism/business and investigations program.

"The F-wing scenario helped me a lot when I started last year, just to break the ice and get a general knowledge," said Way. "It doesn't make me how much experience you have, unless you're just on a station, you don't know how you will react and handle it."

Having access to the equipment also allows students to set up or troubleshoot video equipment when it isn't working in given students a basic working knowledge of all aspects of the security team now. The security field is an diverse one that students can drive their program, and go into any number of different areas in the field, from the alarm security officer to police officer to maintenance crew involved in setting up the video equipment for customers.

In all parts of Conestoga's outreach effort to not only keep the people on campus safe, but to also train the students on the equipment and give them the hands-on training and knowledge that they need to succeed once they graduate from the security program.

Say goodbye to MSN Messenger

BY NANA HANSEN

The end of an era is fast approaching: MSN Messenger is being retired.

Microsoft said not an email on Jan. 10 to millions of users warning that the most popular messenger service will be shut down on March 15.

Instead, MSN will be replaced with Skype, a voice over Internet protocol (VoIP) and messenger service that was bought by Microsoft in 2001 for \$2.6 billion. User accounts will be transferred to Skype, along with all contact lists.

These changes will have a global effect, with the exception of China.

This email was mass mailed to all users.

"We are retiring the most popular messenger service globally (except for mainland China where Messenger will continue to be available) and bringing the great features of Messenger and Skype together. Update to Skype and sign



Brent Page, a first-year general arts and science pre-health student at Concordia, uses MSN Messenger to contact with friends on Jan. 14.

up using a Microsoft Account (come on, your Messenger ID) and all your Messenger contacts will be at your fingertips. You'll be able to instant message and video chat with them just like before, and also

discover new ways of staying in touch with Skype on your mobile and tablet.

Following the announcement, Microsoft included a link to download Skype, which has a few advantages

over MSN Skype on both PC and Mac compatible, and allows users to participate in calls even if one user is on a Mac and the other on a PC. Additionally, Skype has a mobile application, which received first-rate reviews, for iPhone, Android and other platforms.

In comparison, MSN Messenger didn't support webcam for Mac users and most of us upgrading to a corporate account for a better ability to use them. Also a mobile application doesn't exist.

While the change may sound like a step forward, saying goodbye to MSN is easier said than doing for some.

"Most of my love time as a teenager was spent talking to my friends on MSN," said Brent Page, a first-year general arts and science pre-health student. "It's weird to think that it's not going to be around anymore, but I guess it makes sense. Probably now it means that we have Facebook

chat and Skype."

But even with the introduction of other messenger services, some hangovers can take a sign in to MSN.

Shary Mishra, a 20-year-old student at the University of Toronto, still uses it. "I've been using MSN since Grade 5 when I created my first email account," she said. "My contact list went from about 160 to maybe 10 people who still go online. I think it's still the best way to talk to people because Facebook chat is confusing."

Carrie DeLonghi, a 20-year-old Waterloo resident, said, "I only recently deleted MSN because of the amount of space it took up on my computer, but it's a bummer that it's shutting down. MSN got a night. The other messenger systems were pretty lame in comparison."

But even with high prices, DeLonghi agrees that switching to Skype is a good idea, and said that "MSN had its time."

Get into the Latin groove

BY NANA HANSEN

The majority of people today rely on technology as a form of communication, but Nana Magalhães, who will be teaching Latin dance at Concordia's percussion centre, wants to show students a different form of communication through dancing.

The Latin dance class, one of several fitness classes offered at the recreation centre until the first week of April, starts tomorrow. It is open to everyone and free for students who are required to bring their student cards to access the facilities. The class will run Thursdays from 6 to 8:30 p.m. on the multi-purpose room.

Though this will be the first time Magalhães will be teaching classes in a fitness facility, he has taught at other venues and events including the National Arts Centre and the Canadian Folk Festival in Ottawa. He also held workshops at Ottawa's Musée des Arts et Métiers.

Magalhães moved from Ottawa in October to study business resources at Concordia College and has been dancing for eight to 10 years.

Beth Wilford, Laurentian University and the University of Waterloo have introduced dance clubs to Magalhães, keeping the Latin dance class will get students more involved at Concordia. He also took the opportunity with Concordia Students' Union, for an visit.

of-term Latin dance party, which is tentatively booked for April 5.

The class will primarily consist of salsa, merengue and bachata dance styles along with a little bit of reggaeton.

However, Magalhães' classes blend learning how to dance with the social aspect, which he calls "real Latin dance classes."

"What I offer that's different is the social skills set. That is essentially teaching you how to read dance chemistry by teaching you how to read eye contact," he said.

"I'm trying to promote social interaction. I think as we become more reliant on technology, some of our social skills are being compromised."

Students' dancing is associated with having a few drinks before stepping onto a dance floor at a nightclub.

However, Magalhães said, "The purpose of the dance class is to give the students some options on campus." In addition, to provide fitness but to also introduce them to options that don't require alcohol or substance abuse. "There's nothing wrong with drinking. I'm just saying drink a little less and enjoy dancing."

Brenty Côté, a former marketing student at Concordia, enjoys Latin dancing and has been doing so internationally at places such as The Flying Day for about two years.

"I'm like a weekend in the middle of the week for me," Côté said, adding it's a great way to unwind while getting exercise.

"I actually have a roommate who's 60. I talked him into dancing and he thanks me every day for not being too young, you're never too old and you should give it a try."

Brighty Grace, a former broadcast journalism student at Concordia, also enjoys Latin dancing. She said she recommends it to everyone.

"I try to convince everyone to try it, even if they're not really interested," she said.

"It's a great workout. Sometimes working out can be boring. Doing out dancing, there's no way you can't enjoy it and it's a reason for people to get out of the house."

Waterloo's The Flying Day is a popular Thursday night destination for those who enjoy Latin dancing, in particular salsa, reggaeton and bachata.

Magalhães said, "College is an opportunity to get to know yourself, to get to know new people and to get exposed to new art forms and new possibilities."

"I just want you to enjoy yourself, to enjoy food and have fun," he tells prospective students.

For more information on Magalhães and his social Latin dance classes, visit www.concordia.ca/latin.

It's almost time

to take the plunge Do you have the guts to jump into freezing water for charity?

BY NANA HANSEN

Why would anyone want to jump into a pool filled with near-chilling water? For that matter, why do it on Jan. 26 at 10 a.m. in Waterloo Town Square, people will be taking the day at the E-W Polar Plunge.

This annual event inspires people 16 years and older jumping into a four-foot deep pool filled with cold water. The event is designed to promote the Kitch-Waterloo Kitch-Waterloo, a local organization that provides rehabilitation services for children with special needs.

According to their website the organization was started in 1957 by the Rotary Club of Kitchener-Waterloo which opened the K-W Rotary Children's Centre. It then moved to a residential centre for handicapped children.

After many decades of serving the community, the Rotary Club completed construction in 1985 of a much larger and better equipped centre at Waterloo. They later changed the name to Kitch-Waterloo Center for Child Development. The centre provides therapy and medical support for

children and youth who have developmental delays, communication delays and disabilities, and physical disabilities. By providing services such as speech and language therapy, physiotherapy and mobility services they are able to reach a broad spectrum of children and help them "reach their full potential."

"We are happy to support Kitch-Waterloo because they are a local organization that supports so many families," said John Lettman, one of the event organizers. "Last year they had over 5,000 kids go through their program. We know that we are making a difference by helping them."

The E-W Polar Plunge begins to reach at least \$5,000 in donations this year and get at least 50 people to take the plunge.

There is still time to get involved.

You can make a donation at www.kwpc.org or you can take the plunge by joining a team of 10 and registering online. For anyone who wants to raise even more money and sweat, there will also be hot drinks, cookies, live painting and live performance.

Don't be a bystander

BY LINDSAY HUGHES

Last summer in Shreveville, Ohio, a 16-year-old girl was kidnapped to the point of unconsciousness. She was returned from party to party, where two high-school football players allegedly raped her (photographed first, finished her breasts) and urged others to assist on her.

What is perhaps most harrowing is that so many people stood still by, doing nothing to help this girl, with many taking part from the sidelines taking photos and video, and some recording inappropriate remarks about the assault.

It would be easy to blame the actions of these teenagers as a random occurrence, an easily-wild throw of the coin and ready to say, "What could never happen here."

Only it does happen here. It happens a very day. Across the for young men were quick to place blame on the alleged victim. One of the attorneys, Adam Newman, told the New York Times that the girl was conscious enough to give explicit consent. "She gave out the past male in her place after the sexual assault it was said to have occurred."

William Madigan, lawyer for the other boy, used online photographs and posts could ultimately be "a girl" for his client's case because the girl, before that night in August, had posted provocative comments and photographs on her Twitter page. He said those online posts demonstrated that she was sexually active and showed that she was "clearly engaged in sexual behavior."

We need to combat these kinds of victim blaming and slut-shaming messages and stop perpetuating myths and stereotypes about sexual assault.

So amount of their behaviour could make a survivor responsible for a crime committed against her or her? We need to stop being bystanders when it comes to violence against women.

Try to understand how your own attitudes and actions might inadvertently perpetuate sexual and violence, and much toward changing them. Speak up when you see and hear attitudes and behaviours that degrade women and promote rape. When friends make jokes about rape, call them on it. When you read an article that blames a rape survivor for being assaulted, write a letter to the editor to complain. When laws are proposed that limit women's rights, let politicians know that you won't support them. Be anything but a bystander.

The union boxes represent the position of the author, per, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the

editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification.

Unpublished letters will be published. Letters should be no longer

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For publication,

Email letters to: spoke@conestoga.ca with the subject line "Letter to the Editor" or bring them to Room 2218 at the Conestoga campus.



Immigrants can pay a huge price for choosing to come to Canada.

Our health-care system is not so free

Canada is recognized internationally as a powerful country. Because of this, hundreds of thousands of immigrants arrive yearly, whether it be to work, to be with family or to escape conflict. But whatever the reason, those people know that they will be living in a country that is known for its diversity and for offering both and equal opportunity to both citizens and immigrants. One of the "free" health care systems, which actually isn't so free after all.

Last week a friend of mine, who recently sponsored his 13-year-old daughter to come to Canada from the Dominican Republic, had to rush her to emergency. He ended up that she had appendicitis and had to have her appendix removed immediately.

Before the surgery even began, the cost of her hospital visit was mind-bogglingly expensive. And then didn't even include the cost from the previous hospital before she was transferred; the minimum rate, the daily room rate of \$1,200, or any medication.

My friend is a Canadian



Colough McLellan
Opinion

citizen, but has difficulty as now. She arrived just before Christmas as a permanent resident, and therefore does not get specific for health care services paid for by the Ontario Health Insurance Plan (OHIP).

According to Ontario's Ministry of Health and Long Term Care, while there are some exceptions generally there is a three-month waiting period for OHIP if you are a new resident.

So basically, a person who has gone through the lengthy immigration process of paperwork, interviews and medical examinations, and written to Ontario as a permanent resident is not eligible for our so-called "free health care."

This is ridiculous considering permanent residents have access to almost everything Canadian citizens do. They are able to go to school and work on jobs that pro-

vide them with great benefit plans, so what's with the three-month OHIP waiting period?

I understand that there are lengthy processing times due to the number of immigrants arriving in Canada. I also understand that the government doesn't want people to abuse our health-care system. But if a person has had medical assistance in order to enter the country, why is it eligible for the OHIP, who do these benefits not look as no more as they arrive?

In the meantime, Ontario's Ministry of Health and Long Term Care advises people to purchase private health insurance. I suppose that is a cheaper option or approval to paying tens of thousands of dollars for an unexpected emergency, but it is still an unnecessary cost for those who meet the requirements of OHIP.

It is upsetting to watch someone who came to Canada for a better life, and who wanted so long for his daughter to be with him, to have it strongly financially all over again because of something that is advertised as "free."

SPOKE

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Sharing a thirst for knowledge

Nerd Nite brings nerds together, one pint at a time

BY MISTY DORR

This is the second of a four-part series on geek culture in Waterloo Region.

Who says nerds can't party? At the base of Kitchener-Waterloo Nerd Nite, Charlotte Armstrong has made it her mission to bring together nerds and women interested in science and nerd culture with events where anyone can fit in and even learn a little something, all while enjoying a pint.

"As nerds, we're nerds in general," she says. "We may not have the best social skills, but I want people to come out and get to know each other and have fun."

Nerd Nite is an international non-profit organization that holds monthly events in more than 60 cities around the world. Despite its humble beginnings as a Facebook list in 2003, the events have grown to 15 cities in three continents.

After attending a Nerd Nite event in Toronto, Armstrong took matters into her own hands and began planning something a little closer to home.

"I was going to Toronto all the time for these events as well as other nerd culture activities and I started thinking," she said. "This is the technology capital of Canada and we have such a strong nerd community, why aren't we doing that here in Kitchener?"

Armstrong launched her Nerd Night in March 2012 at the Ram Kruger Pub in downtown Kitchener, becoming the event's second Canadian chapter.

44 We may not have the best social skills, but I want people to come out and get to know each other and have fun."
— Charlotte Armstrong

"It's just a really great opportunity for people to talk about their passions and make new friends," she said. "This is a very nerdy, rich and sometimes-focused community and if you can learn something in a pub while drinking and eating chicken wings, who wouldn't want to do that?"

After a long process of communicating with the inven-



PHOTO BY MISTY DORR

Nerd Nite boss Charlotte Armstrong is bringing together members of the scientific and nerd communities to share ideas and have fun.

tion of Nerd Nite, based in New York City, Armstrong was able to prove she could make the grade.

"They wanted to make sure I was the right type of person to be a host and organizer," she said. "One of the qualifications was that I had to be a curious person, someone who would be able to jump on stage and be organized but also quickly and nerdy."

According to Armstrong, the true definition of a nerd is someone who has an insatiable amount of knowledge about a subject they're passionate about. It's that passion that drives the Nite's audience members to become promoters, replacing the group with 20-minute lectures on everything from music to robotics.

With women making up 50 percent of Nite's bi-monthly audience, Armstrong's vision of an environment where everyone is respected equally in attracting guys and girls with various interests.

Catherine Williams attended her first event after hearing about Nerd Nite from friends.

"The way they spoke about it and described what the event was like, I knew it would be something I would enjoy," she said.

Williams said the most



nerds, women aren't always willing to admit their weaknesses.

"Often it means you don't fit in with other women or even with guys who are nerds," she said. "But at Nerd Nite most of the speakers have been female so it has provided a great reason for guys to come to be taken seriously."

Armstrong's talents aren't limited to just one night a month; her resume boasts titles such as co-ordinator of the Southern Ontario Science Fiction Festival and member and co-ordinator of the Southern Ontario Space Research and Technology Festival. She's also a member of the Royal Canadian Astronomical Society, the Canadian Space Society and the Waterloo Space Society.

Regardless of her leadership in the community, Armstrong said she isn't always the one step back from her male peers.

WHAT MAKES KITCHENER-WATERLOO SUCH A GREAT PLACE FOR NERDS?

Nerd Nite boss Charlotte Armstrong gives her Top 5 reasons why KW is a great place for all of Nerdland.

1. Free educational events.

For those who have a permanent thirst for knowledge, KW has a wealth of opportunities to learn with local universities, colleges and other educational institutions contributing to the local knowledge economy with free lectures and presentations. These may not always be easy to find but the determined nerd will prevail.

2. Social events for nerds abound.

Nerd Nite isn't alone. So many amazing people spend their spare time organizing board game nights, movie nights, and all sorts of activities designed to meet awesome people and do awesome things.

3. Scientific and technological breakthroughs.

Waterloo Region is the birthplace for ideas that are consistently recognized internationally. Having all this technology and science right in our own backyard is something we should all be proud of.

4. Independent businesses.

There are so many unique and nerdy businesses in the area, you just have to explore.

5. Great venues everywhere.

The reason so many awesome events can happen around town is because of the local venues and owners who are willing to take a chance on hosting unconventional events.

► PHOTOGRAPH

"The women discuss festival almost daily," she said. While trying to represent the event with photos in Toronto, Armstrong found most photo journalists more interested in more than just work.

"They'd all ask me if I had a boyfriend," she said. "I was invited to lunch to the point there were some photos I didn't have permission because I'm avoiding these topics for people therapy, not to meet guys."

Most noticed she wasn't the one to change.

"I just thinking how ridiculous the whole thing was and I was very disappointed, but I was determined to prove myself," she said.

Even Canadian author, artist and engineering researcher as well as one of Armstrong's co hosts for Next Mile.

After a chance meeting at a job, Armstrong invited Oswald to a conference "because it was partly the following day instead of making a lecture, they made an All Tomorrow's Tomorrow from New Wave and a friendship was born.

Oswald said Armstrong is a brilliant leader but often chooses to share the spotlight.

"She likes to push others people onto the stage while she makes everything happen from behind the scenes," he said. "She's excited about everything and is very good at making other people feel appreciated and important."

Armstrong's continuing mission is to break down barriers between the scientific community and the public so that everyone can contribute scientific and technological growth around the region and in Canada.

As a scientist, Armstrong said



ARMSTRONG PHOTO

December's Next Mile featured event meaning, including the Next Mile snowflakes.

she's excited about the changes she's seeing in the community. "I really think there has been evolution and I'm excited about the future of craft and geek culture for women and for everyone," she said. "It's only going to become more inclusive the more people are involved in it."

Noting that men should realize that women's participation involved in craft culture means more events as well as more interesting points of view, Armstrong is proving a woman can be a leader in the craft community.

"We see the pleasure she gets when she's going to make changes happen and the great work she's doing," she said. "There are so many events and conferences and there are and with almost all of them there's a strong female behind it."

The next Next Mile event will take place Wednesday, Jan. 30 at 6 p.m. at The Room Station Pub 1 King St. W. in Kitchener.

For more information on Kitchener's Waterloo Next Mile, visit www.kitchenerwaterloonextmile.com or check them out on Facebook at facebook.com/kitchenerwaterloonextmile.

HOW NERDY ARE YOU?

Word Nite's Travis Overton, Eric Meier, shares just some of his wild collection of nerdy knowledge.

1. What was the name of the Monty Python character killed by a "water-bren man"?
Answer: Mr. Creosote
2. What is the "weapon" you use against the ghosts in the survival horror video game series Fatal Frame?
Answer: A camera
3. In the Betwain comic storyline "No Man's Land," who murders Commissioner Gordon's wife, Sarah?
Answer: The Joker
4. What are Oromis, Glamdring, Narnal and Götterwelt?
Answer: Swords (from Lord of the Rings)
5. What is the title of the movie & television show featuring alien immigrants known as "Newcomers"?
Answer: Alien Nation (1988)
6. How many manned Apollo missions (including Apollo 1) were there?
Answer: Twelve (Apollo 1, Apollo 7-17)
7. Which city is sinking at an average rate of 10 cm per year (most rapidly sinking city in the world - 10 times faster than Venice)?
Answer: Mexico City (It's built on a drained lake)
8. Which element was the first observed at the Sun before it was discovered on Earth?
Answer: Helium (first observed in 1868)
9. Which planet did Greek astronomers name Apollo when visible in the morning, and Hermes when visible in the evening?
Answer: Mercury
10. Which movie includes the characters Thula Doorn, King Darc, Velene and Cron?
Answer: Conan the Barbarian (1982)

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- Two computer design students are doing at Post's Tuesday night under the name Spoke.
- The Conestoga basketball team gets back in action.
- Watch students celebrate the start of the winter semester at Post's Week.
- Meeting in the city, Philippe Carrière is more than just a teacher. Learn more about the HBC's Kitchener Hills Hockey Day.

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Tell me what you see

Homeless population disheartened by discrimination and misconceptions

BY RYAN DRENNAN

There are the usual of a first-time series examining the causes and consequences of homelessness in Waterloo Region.

It's a cold but rainy afternoon in late October. As precipitation pelters against the windows of KNOX, a shelter and resource center for homeless and at-risk youth in downtown Waterloo, Rebecca speaks of her life on the streets as casually as if she's discussing the weather.

Rebecca, who wishes to keep her last name confidential, is 24. She dropped out of high school and left her mother's Waterloo home at the age of 17, spending her nights on shelves, stairwells and "couch buses" ever since. She is in the throes of battling an addiction to crystal meth, a drug which she first started using at the age of 14.

October day we meet, Rebecca is 32 days clean. She is set to move into an apartment provided by Addiction Supportive Housing in a couple of days. Her original move-in date of Sept. 1 was postponed because of administrative delays, but she is optimistic about the prospects of having her own place and "starting over."

As Rebecca speaks of her years on the streets — in past tense — she says the worst part was always the social stigma attached to her homelessness.

"I would be walking down the street and looking like a bag of crap. I know everyone was looking down on me and that feeling sucked, because there's a real person inside. What you see is not always what you get."

Similarly, Elizabeth Bell is the executive director at ReachOut Our Outdoor Friends (ROOF). Having worked with countless marginalized youth over the years, she has seen the effects of the stereotypes time and time again. Shaking her head, she recalls a recent youth group with one of the regular youth several years ago.

"He'd walk into ROOF and

Helter Shelter

ROOF IS A HOME AT HOMELESSNESS IN WATERLOO REGION

he would just say a number. He was aware what he meant except me. And what it was, was the number of times that people crossed the street when he was walking towards them.

"That had was just a big ugly boy kind of a guy, but people have the idea that all homeless people are dangerous and need to be avoided. When people shoo these children and pull them down or they squeeze their pants in the tighter against their body as they're walking by, it says to an unconscious action, but to the person who's living on the street, they see it and it's awful."

"I don't know what's worse," Rebecca then says. "When it's awful, or when it stops being awful because it's just so commonplace."

Mike, who has been homeless for about three years, says he experiences social discrimination on a daily basis.

"You get a lot of looks, but what am I going to do about it?" he says. "Every time someone looks at you sideways, I'm gonna challenge them or stand at the corner and yell at everybody." There's no point to that. It's not going to change my situation.

And while society may do sometimes, Lynda MacIntyre, housing services co-ordinator at Lethbridge, says homelessness itself does not.

"The community is that there isn't any compassion. The only generosity is that they don't have mental disabilities."

MacIntyre still says people can wind up homeless for a multitude of reasons, but another misconception she has noticed — particularly among youth — is a false home environment.

"We have youth who have left home because they've been sexually assaulted for years by their father or by their mother, and we have youth who have left because their father uses drugs and put them away."

"We've also had a youth who was recommended by his family due to religious beliefs. His family was very wealthy but they put him out because he started to question the way they were living and he was homeless for two years as a result. He managed to get back on his feet, but he got into things he never saw him self ever getting into, because there was no reason. When your family and your circle



Mike, 44, has been living on the streets of Kitchener since the past five years. With a monthly income of \$400 and not of \$200, he struggles to stay healthy and sobered.

at Mary's Place, a 60-bed emergency shelter for women transgendered people and families who are homeless in Kitchener Waterloo. Less than 15 years ago her situation was remarkably similar to Rebecca's — she was homeless and battling a mental addiction.

Prognosis says homelessness is not something people actively seek but a result of unfortunate circumstances.

"When you see the person talking to themselves, wrapped up in a blanket, lying on one of those gigantic walls with the hot air coming out in the middle of winter, that's not a choice," she says. "That would be the sympathy's choice."

According to MacIntyre, homelessness is sometimes the best solution to a bad situation.

"I would find it really hard to think people would choose to be homeless because it's a very hard lifestyle," she says. "When I absolutely do not believe in that for some people, homelessness is at some points a better option than some of the other options they have."

Mike, who admits alcohol played a factor in him losing his job about three years ago, says he could be doing more to find a job but that living on the streets is never a lifestyle he wanted for himself.

"Maybe I'm not doing as much as I can to get a job or cooperating enough with OW (Ontario Works) to possibly get more money, but I never thought I'd end up homeless in the streets as never a lifestyle he wanted for himself."

Mike says neither stereotype he's experienced in that

all homeless people are lazy and don't want to work.

"I'm more than willing to work and would absolutely love to have any sort of job," he says, adding that he occasionally picks up odd jobs here and there, but he despises the money, but has never quite handled "I'd happily take someone wage right now to get started."

MacIntyre says one of the most common misconceptions about the homeless population is that they are all addicted or drug and/or alcohol and have mental illnesses. While she acknowledges a correlation higher than that of the general public, she says it is difficult to determine which or the addiction or mental illness is a result of homelessness, or a result of it.

"What I have seen in my experience is that living in homeless poverty and homelessness grounds on people, so levels of depression and anxiety increase for a lot of people," she says. "Whether they had that first and that was a contributing factor to their homelessness or whether it was an effect of trying to live a lifestyle that's not meeting your basic needs, it's really hard to know."

What we do know is that there are a lot of people with substance use issues and mental health issues who aren't poor.

"People who have higher levels of income exhibit the same types of behaviours but because they have more privacy in their own homes, it doesn't come to the attention of other people in the same way it does if you're poor."

44 I know cynicism was looking down on me and that feeling sucked, because there's a real person inside. 99

— Rebecca

Mike, 44, says the discrimination doesn't come only from strangers.

"Some of my friends treat me totally different now than they would have back when I was working," he says. "And my little friend I have in this area made it clear that as long as I was homeless, don't even around. We used to get together for holidays but they made it clear that if I'm not working I'm not welcome."

of community organizations or, you put, you've got nothing."

Rebecca says in her experience, the biggest misconception the general public has about homelessness is that people choose it.

"It's not a choice," Rebecca says. "You, I would like the chance to not follow any moral rules and never not and that's brought me to where I am now. If I didn't choose that

Dana Pross is a volunteer

CONTINUED ON PAGE 9

+ 1000/1000

Fryer, who used to frequent the shelter at which she now volunteers, acknowledges there are more impoverished people who share the same problems as those in support there - a cycle which contributes to prolonged or chronic homelessness.

"Some people get their real-life chaos and spend it on drugs," she says. "You can see that with the women who have cracks all over their arms."

Not just because people are afflicted by addiction, Fryer says, it doesn't mean they deserve their circumstances.

"Addiction takes over everything," says Fryer, whose cocaine addiction led her on multiple attempts when she was in her early 30s. "Thought, process, will, motivation, everything. They're short drugs and alcohol too."

Worst of all, perhaps, is not the judgment that homeless people experience at the hands of individuals but the institutional discrimination which crops through the cracks of flawed social policy.

According to the Homelessness and Housing

Unitaria Group (HHUG), an organization consisting of individuals and agencies committed to preventing and reducing homelessness in Waterloo Region, 43 per cent of people who are not stably housed have mental health issues, compared to 12 per cent of the general population.

That lack of basic health care, Fryer says, can lead to bigger problems.

"If you don't have the proper medical care, something small can turn into something huge. Even a lumped could lead to an incredibly terrifying infection."

Fryer, 37, is in her first year of social development studies at the University of Waterloo. Her estimates about 40 per cent of street people are HIV positive, many of whom are undiagnosed and unmedicated.

"Even homeless people don't even have a health card," she says. "You see them walk into a hospital and they get turned away. They could be in there screaming on the floor and they don't even deal with them. It's horrible."

According to Catherine Savage, co-ordinator of the Out of the Cold shelter program at

Waterloo, there were at least 23 deaths among the homeless population in 2011 - a total she says is two to three times the annual average.

"Last year was particularly bad on the homeless population," she says.

Miles says he can still remember the sense of fear and discomfort he felt whenever he found about the latest casualty.

"For a while last year, it seemed every last guy I passed would be getting up another notice at the soup kitchen for a meal ticket. For this person or that person," he says. "It was scary."

Mansoor says the first step to expanding the social stigma attached to homelessness is for people to look beyond the stereotypes.

"If you don't see the person first, and you only see their circumstances, it's going to alter the way you interact with them and the way you treat them," she says. "If you see them as the person first, the circumstances or conditions you can work together to fix."

Next week, experience a day in the life of a homeless person in Waterloo Region.

MYTHS ABOUT HOMELESSNESS

- All homeless people live on the street.
- Homelessness is between 75 and 90 per cent of the homeless population sleep in shelters, vehicles or on someone's couch.
- Homeless people are lazy and don't want jobs.
- Lots of people are homeless because they've lost their jobs. It is difficult for many to find work without a better address, clean clothes and transportation.
- All homeless people have substance abuse issues and/or suffer from mental illness.
- Studies suggest that 50 per cent of the homeless population are addicted to drugs or alcohol and between 30 and 40 per cent suffer from mental illness. While these numbers are higher than the general population, substance and mental illness are sometimes the effect of homelessness, not the cause.
- Homelessness is a choice.
- The biggest reasons for homelessness are poverty and lack of affordable housing.
- Homeless people are unemployable.
- Many homeless people are educated and have work experience. Their biggest obstacles to finding jobs are criminal records and missing and maintaining contact with potential employers.
- Other facts:
- In Waterloo Region 38 per cent of people who have no permanent address have mental health issues, compared to 12 per cent of the general population.
- About 40 per cent of people living on the streets in Waterloo Region test positive for HIV. Many are undiagnosed.
- There were at least 23 deaths among the homeless population in 2011.
- Most homeless people do not even have a health card.

Autism a part of everyday life

BY JENNIFER MILLARD

Autism Bell first became a member of the Waterloo Region chapter of Autism Ontario in 2010 and it wasn't very active in September 2012. She became president of the chapter. She also sits on the Waterloo Region District School Board's Special Education Advisory Committee as the autism representative.

Bell also currently sits on the planning committee for Autism Speaks, promoting both the Light it Up Blue campaign for World Autism Day and Waterloo Region's Walk Now for Autism Speaks walkway.

Her husband Mark was diagnosed in March 2011 in local radio station CJVM FM. He was given their Good Samaritan award for his advocacy for autism in the community.

After becoming president, Bell decided that it was time for change. Parents support group meetings held post-school and activities for children and their parents to attend were lacking.

Bell and the leadership council wanted to take a different approach. They wanted to play more fun activities for children with autism to enjoy. From to Bell's contribution to

the organization there were occasional movie nights. Now, there are monthly movie nights, skating, parent workshops and bowling.

The activities are designed for the children to feel comfortable while enjoying regular activities. It's an opportunity for them to feel safe, relaxed and confident all at the same time.

"Autism really took for me," Bell says. "Bell is also a registered fallow nurse in Grand River Hospital's paediatric department. She is also a mother of three children ages three, five and seven, all of whom have autism spectrum disorder."

Autism spectrum disorder is a neurological condition that impacts normal brain development. Many individuals diagnosed develop communication problems, repeat specific patterns of behaviour and have difficulty with social interactions. The treatment for individuals with ASD must be specific to their needs and based on the autism spectrum. There are varying degrees of symptoms.

Unfortunately for Bell and many other parents, the treatment for children with autism is hard to obtain. One in 54 people may now diagnosed with autism, making and making treatment even

more difficult. Bell and her husband, Cameron, have good jobs but no benefits, which makes paying for treatment difficult.

"The services are out there and my children can't access them," Bell said.

The cost of intensive behavioural intervention (IBI) therapy is between \$40,000 and \$60,000.

"It's robbery. No middle class family can afford the cost without financial strain," she said.

The therapy outside one-on-one work with professionals who use methods down of their principles of applied behaviour analysis (ABA). Research has found that IBI is the most beneficial treatment for children with autism, helping them develop skills they need for greater independence.

In order to get coverage for the treatment, children must have certain criteria. Some unfortunately will never have the opportunity to experience the therapy due to the strict requirements.

There is this wide spectrum of children and they only take a certain percentage of them and they all have the same diagnosis. It's pretty cruel. It's like telling people who have cancer, 'you all have cancer, but we're only going to treat the people who have



PHOTO BY JENNIFER MILLARD

Jennifer Bell, president of the Waterloo Region chapter of Autism Ontario, is shown with her three children. From left, Alex, Mikahla and Robert, all of whom have autism spectrum disorders.

lowest cancer."

Bell would like to see OHIP pay for more of the cost and see private insurance companies pay the remainder.

For children outside of the criteria, the government offers a limited amount of ABA. The issue is that the children can only go for two hours once a week for two weeks and then are placed at the bottom of the wait list for six to eight months. Bell thinks that the program is

wonderful but the limited services create uncertainty in the children's progress.

Not only is treatment difficult to obtain, there is a very limited amount of one-on-one special education at schools. Some of them are unable to receive IBI resulting in school being a constant struggle.

Although there is no cure for autism, the children can improve with age, something that offers families a little bit of hope.

Walk for Memories has \$2.5-million goal

BY MARNEY BAILEY

Even though winter's chill, frozen streets are popping up on laps, across the country this January.

For many Canadians, the tiny blue flower is a symbol of Alzheimer's Awareness Month. Representing memory loss, one of the symptoms of Alzheimer's disease, it serves as a reminder to remember people with the disease and their caregivers.

The Alzheimer's Society of Canada website states an estimated 500,000 Canadians have Alzheimer's disease or a related dementia. With an estimated number of cases rising diagnosed each year, that number is expected to double by 2018.

Dan Eastman Lewis, volunteer co-ordinator for the Alzheimer's Society of Richmond-British, said she was inspired to work for the society after losing her father to the disease.

"My family and I had used the organization's services that help those living with Alzheimer's," she said. "I had significant experience in fundraising and organizing special events so when a position came up with the society, I

was hooked."

Knowing first-hand the need for funds to support programs, such as the Alzheimer's Society, this weekend's Walk for Memories is just one way people can help, according to Eastman-Lewis.

"This is our largest fundraiser of the year," she said. "You can register as a team or as an individual and contribute along with 500 other participants."

The Walk for Memories is the largest fundraising event in Ontario dedicated to increasing awareness and raising funds for research as well as vital programs and services. This year's goal is to raise \$2.5 million.

Though most see Alzheimer's as a disease that affects only the mind, few realize that it's actually fatal.

According to the Alzheimer's Society of Canada, Alzheimer's not only risks people of their memory, it destroys lives, robbing the body to the point how to perform even the simplest tasks in order to eat, walk, speak, move or act.

The society also offers numerous resources and support programs for people with the disease and their families. Melissa Cameron and her

family have participated in the Walk for Memories for the past two years and will be walking this Sunday, Jan. 27, at the Waterloo West Complex.

After her grandfather was diagnosed with Alzheimer's, Cameron said her heart broke each time he would forget her name or even what year it was. When he passed away in December 2010, she felt as though she had lost her own.

"When I walk, I know that my money that I have raised will go to try to help speed other families like mine in the future," she said. "I take comfort in knowing that those walking around the lake are living stories, and that we are all there for the same purpose."

Cameron said she thinks it's important to help raise awareness for Alzheimer's research because it is a disease that touches the lives of many Canadians.

"If you can research the cause of Alzheimer's, there may be a way to prevent it," she said. "Early detection and being proactive could help people keep their memories intact."

For more information on the Alzheimer's Society of Canada and to find a Walk for Memories in your area, visit www.alzheimer.ca.

King and son make an excellent team

BY ALLANAN PENDER

Readers may Stephen King and son the Hill have teamed up to write two novels guaranteed to place even the most steel-hearted protagonists from *Amos* for under \$10. In the *Tell Green* and *Thistle* are both characters who American readers will know of better.

In the *Tell Green*

Cal and Rocky (Mickey and Hana) and Greta for a good time up to a life of an entire day, it's a slightly unsettling, relationship between two siblings and a father who turns into a thriller.

In the *Thistle*, the first of two collaborations, is an entire story of shifting past and how that keeps you turning the pages.

While living in a world of GPS and ever-changing rules leaves the reader's mind, it's a story that's more like the couple out of humanity's responsibility last, King and Hill do a remarkable job of inventing a modern world of cruelty and brutal carnivals, the only thing worse in the way and story's mystery within.

Thistle

In their second story, *Thistle*, King and Hill will



up members of the *Wild West* and again bring the past back into the present but not nearly as high way stretches of desert where there are no witnesses and no law.

In what is pure homage to King's biggest influence, author Michael Chabon, the two create a slaughter of a story centered around a group of bikers and the ill-wisher that is intent on running them down.

Creating fresh ranges out of classical characters — the math books in *Amos*, the *Tell Green* as a culture and *Amos* as a thriller — the two create a slaughter of a story centered around a group of bikers and the ill-wisher that is intent on running them down.

Of course there is gore, and plenty of it, but more interesting is the overtones of dread that the authors create in these short tales of lost lives.



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STORMING OVER KINGSTON



PHOTO BY LINDSEY SHAW

Guajardo Storm goaltender Garrett Sparks keeps his eye on the puck during a Jan. 20 game at the Harwood Centre. Guajardo won 4-2.



Guajardo Storm players celebrate their first goal of the game. They went on to score three more.



A young Guajardo Storm fan watches the team battle the Kingston Frontenacs.

NHL fans split on lockout result

BY MARK HODGKINS

With the NHL lockout ending, you would assume that fans would cheer until their lungs gave out, and raise three-foot-high signs to the heavens.

You would be wrong.

The fans are dumb. The game they love is coming back, but they feel like there is something to be had. Thousands of boycotts of the first five games are no joke. Even dedicated fans are demanding a boycott, just to give the owners and players a taste of their own medicine.

Cameron O'Neill, a lifelong fan of the Toronto Maple Leafs from Cambridge, said there should be a boycott just to show everyone that the fans were hurt by the lockout just as much as anyone else.

"We need to have a say too. They fight about money, but can't make money if we don't go. We have the ultimate say in everything," O'Neill said.

In a Jan. 18 Montreal Gazette article, Montreal-based actor Louis Digneault said he will boycott the first Leafs game.

Though most of the whole lockout, people have talked about the owners, the players and the NHL, but the missing picture is the fans who reverently see the team who reverently see the bottom line, who pay everybody's salary," Digneault said.

Raymond Bland, an on-air host of sports Canada from Cambridge, believes the fans should embrace the end of the lockout and be happy that we got any season at all.

"They didn't have to watch. They didn't even have to go to a shortened season. Remove the boycotts. Can't we all just

be happy that hockey is back?" he said.

One of the biggest worries of the fans is that many of the star players who moved to play in the European leagues during the lockout might not return for the start of the new season.

“They fight about money, but can't make money if we don't go.”

— Cameron O'Neill

Timothy Adams, a Blackwater fan from Cambridge, is one of those worried fans.

"Patrick Kane is playing like no other ever in the Wings League. He needs to roll back though, it won't be the same team as Chicago if he signs over there," he said.

Fans are more than excited to be hearing all sorts of trade news coming out of the rumor mill over the past few weeks.

The biggest rumor for Maple Leafs fans is that Roberto Luongo may go to the Canucks, may be traded to the Leafs. Toronto is a place where goaltending has been nothing in the grand of for about a decade.

"Luongo moving to the Leafs would be a huge deal. Leafs for the Stanley Cup anyone?" O'Neill said.

O'Neill said a. Players have said they are glad to be back, after losing 50 per cent in favour of the new deal. Some players have said they are excited to be going back on the ice, and that it really takes them some time to find their legs, but they will find them.



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Turn over a new leaf successfully

BY ALLAN FURBER

The holidays are a time of reflection and, above, a time when people celebrate a way back to a new, more positive of turkey and rivers of green with the promise of a new and exciting year just around the corner. But more often than not, the resolutions made at 11 p.m. have become champagne-blurred memories by the time the New Year's hangover finds its way.

According to TIME magazine the No. 1 broken New Year's resolution is to lose weight, cut stress regularly and get fit, and that comes as no surprise, according to a 2002 study by the University of Bristol, 65 per cent of people set the new year's goal.

Kyle Wood, the general manager at Cambridge Fitness on Fairway Road in Kitchener, says this exact phenomenon plays out every year.

"January is always the time not month for new resolutions," he said "but most resolutions don't follow through."

Wood recommends getting started the right way and accepting that the road to success is a long one and may not go according to the plan people set.

It can take a long time to

model a happy body into a toned one and it's often a lot of lifestyle changes, not exercise alone.

Mark Kliff and Bobby Gosselin at Peppy's Supplements in Kitchener agree.

66 Most resolutions don't follow through.??

— Kyle Wood

"It can be overwhelming," Kliff said, "the changes are too much, you're too far out of your comfort zone too quickly."

Gosselin agrees, saying that customers are often surprised by where to begin when walking into the store. With walks from their house to school with pre-leaving individual notes and foreign products, he doesn't blame them.

So, how can resolutions become reality?

"Education is key," Kliff said. "People are leaving and if they don't know what they're doing they're just wasting their time."

At Peppy's they speak mostly about that and that supplements are just that not

a replacement for a meal or a particular vitamin but rather an enhancement and add-on.

Kliff also recommends changing little things one at a time, while introducing new, and hopefully healthier, options at the same rate. Deciding for the new lifestyle can quickly sap motivation and ruin the best laid plans.

Wood, an advocate for supplements in addition to fitness facilities, offers up a similar approach.

"They have to want to do it," he said.

He also states that personal trainers and motivational classes are a must.

"They succeed when there is some sort of accountability to be with the goal," he said.

"That and the fact that people want your body — that's the most important thing. They think that just doing certain things, like swimming, will get them to where they want to be. That's not the case."

Overall the experts agree that a lifestyle change is an order for success to happen. Frequenting gyms, becoming properly educated and finding the motivation that works are immensely cited as keys to change, but let that new leaf wither and die.



PHOTO BY ALLAN FURBER

The No. 1 broken New Year's resolution is losing weight, exercising regularly and getting fit.

New committee on campus focuses on women

BY KIRA RAUPHOFER

Conestoga's Student Life department is mostly associated with the Banquet Campaign at the college, but the department is expanding each year by adding more opportunities for students to get involved.

This year, Jessica Robinson, a Student Life programmer at the Cambridge campus, is starting an International Women's Day Committee. The committee will meet weekly starting the last week of January to plan an event that will be held on the anniversary on March 4, with the support of Conestoga Students Inc.

March 4 became the official date for International Women's Day in 1917.

under Roman used as the time to honour more than two million Roman soldiers who died in war. That date on the Gregorian calendar, which the majority of countries used, was March 8, 1917.

Since then it has been celebrated as an official holiday in many countries such as Cambodia, Belarus, Uganda, Vietnam, Afghanistan and Mongolia.

Google even recognizes the day by changing the graphic on its search home page.

Also, according to www.internationalwomensday.com, in the United States they don't just celebrate one day for women, the entire month of March is considered Women's History Month. Robinson said one thing the idea was about International Women's Day is the recognition of women as a part of a larger global community.

"They are leaders in their field of employment and our countries, they are mothers, they are friends, they are sisters, they are change-makers. They are one piece of a whole," she said.

Her goal for the committee is to bring the entire student body and staff, to spread that what they do locally can have

a global effect. Jensen, who is female, looking to help campus and peer knowledge of International Women's Day is not required.

"Students do care about

these things, but they might not have thought about it in the context of International Women's Day."

"I encourage any student who has interest in the event

and how they can be a part of making a difference, to join the committee."

Interested students can contact Jessica Robinson at jrobinson@conestogacampus.on.ca.

COUNSELLOR'S CORNER: Goal-Setting

Submitted by a student

I used to make New Year's resolutions that generally didn't last past January 20th. It's that fresh feeling of having a chance to solve problems, achieve new heights and challenges that encourages us to set goals. As the New Year begins, we are often excited with our good intentions for positive change, despite past resolution failures.

My experience at a workshop about change helped me to recognize why my New Year's resolutions never worked. I didn't need more motivation, I needed smaller goals, or at least, my long-term goals needed to be organized into easily manageable steps. Many of us tend to set goals that stay far out of reach ("This semester, I'll get all A's" or "Moving on from a frustrating relationship"). As a result, we feel let down, frustrated, even powerless when the first disappointing grade appears or the breakup continues.

Instead, a long-term goal, such as "I want my grades to improve this semester" is more attainable. A step-by-step approach might include: attending all classes, with only absences as an exception, staying ahead by doing textbook reading prior to class, and seeking help when necessary from faculty or a peer tutor. The latter are smaller, achievable goals that will almost assuredly lead to higher marks.

Set goals for you that are realistic, achievable and measurable. Failure decreases confidence and motivation. Success builds confidence and motivation. For goal setting or any other assistance, see a counsellor in Counselling Services. I edit.

A Message from Counselling Services

According to some statistics, more than 100 million women around the world started a diet on Feb. 20 for the debut and

